



Head Start Herald

May 2005 - Newsletter

Children are our most valuable resource

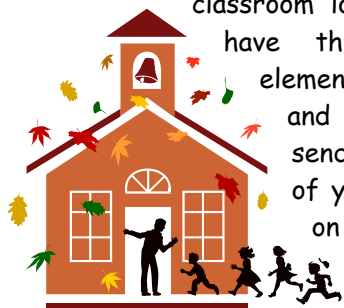


FROM THE EDUCATION COORDINATOR



Kindergarten Transition

It's that time of year for parents and Head Start teachers to start thinking about kindergarten transition. This is a fun, exciting, and anxious time for most parents. Some of you have already started asking about what we will do to help make this change go smoothly for you. The answer is that we will help you however you need it. The children who will be going to kindergarten will visit an elementary school near their center to see what a kindergarten classroom looks like. As soon as we



have the information regarding elementary school orientations and open house events, we will send the information to those of you who have children going on to kindergarten in the fall.

I will be sending a packet to each family with a calendar of fun things to do this summer and other information to help you prepare for kindergarten. If you need help filling out any paperwork, please let us know. We can also make copies of paperwork we have that you may need to give to the schools. If you are moving and/or your child won't be attending a York County school, please let us know so that we can send information to the correct school. If you need any help or have any questions, please call me at 890-3888.

--Tammy Petrowicz

SPECIAL NOTE TO ALL HEAD START PARENTS

As you all are aware, the weather is turning warm and the children will be playing outside or going on field trips quite frequently. It is important that your child wear appropriate shoes (something with ties or buckles that won't slip off) for safe outdoor play. We want to keep our children safe and happy. Your support is greatly appreciated.

Thanks to all of
our wonderful volunteers
for a job well done!

We would like to thank all of our April volunteers for all the hours of support they have given to our Head Start program. You are all SUPER!!

Once again, Room 16 at the Griffin-Yeates Center has won the \$25.00 gift towards the purchase of new classroom learning materials with 53% parent participation. All of our classrooms have worked very hard toward the goal of the largest number of parent participants in the classrooms and deserve our congratulations on a job well done.

Below are our April volunteers:

Parents/Family

Grace Agapay
Raymond Agapay
Ricky Armstead
Sony Avalos
Jerome Bey
Sandra Bey
Manuela Butler
Lucille Coleman
Elda Corsi
Nick Corsi
Gregg Coverston
Tinesha Dubrey
Terry Edwards
Becky Fitz
Pam Flemings
Tina Grubbs
Shelley Hensel
Melissa Kondek
Alicia Long
Deborah McClain
Sherri McKinney
Robyn Morris
Steven Osborne
Angela Parker
Sang Park
Tony Rainey
Amber Ritz
Guillermina Rodriguez
Yunhhi Roehrig
Honey Salyers
Dell Swinton

Parents/Family

Tranee Swinton
Kimberly Thompson
Kristae Tyler
Amber Warden
Carolyn Williams

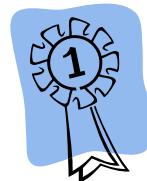
Other
Elizabeth Chase
Lisa Collis
Anika Corsi
Dreama Croft
Nyokia Dandridge
Robyn Morris
Homer Nicely
Tammy Petrowicz
Anne Smith
Sue Tress
Laura Tuck
Harold Via
LaPorsha Williams
Belinda Willis

RIF Readers

Anthony Albanese
George Baur
Bob Blake
Bill Deaver
Jerry Fahn
Sam Fletcher
Paul Garman
Bob Geiger
Lynn Jenkins
Tom O'Malley
Gary Rast
Carol Scott
Gerod Smith
Jack Snell
Don Swain
Mish Vaiden-Clay

College Students

Erin Aukward
Brittany Boole
Margie Delcastillo
Keri Gorden
Mary Grier
Katie Knarr
Christa Mannino
Lyndsay Martenak
Mary Platz
Katie Powers
Hillary Shreve



You are all great!

From the Health Coordinator:

Parents, do you want to make a difference in the health policy decisions made for the York County Head Start program? Your input is crucial and we would like to know your thoughts and concerns. Please plan to come and join us for a special meeting to address this topic.

Health Advisory Committee Meeting

Thursday, May 5, 2005

10:00 A.M. - Griffin-Yeates - Room 6

Please call 890-3888 to let us know of your plans to attend.

--Mary J. Tiller, RN

Your Child's Well-Being: LIAR, LIAR

"Liar, liar! Pants on fire! Hangin' on a telephone wire!" That was a chant we used to taunt our peers with when I was a boy. We liked it just because it was a way to tease our peers, especially when we believed they were fibbing or lying or exaggerating. As children, we had an idea of what "lying" was about. Somehow, lying just seemed to be a part of life. How did that come to be?

Have you ever gotten into trouble by a traffic cop, at work, or even with your lover or spouse and found yourself saying things that weren't quite true. Oh, they weren't out-and-out lies, but the spin you put on it or the way you said it exaggerated the story, bent it a certain way, so that you knew the other person was going to get a better impression of what you did. Sometimes you might throw in a thing or two that didn't happen that way at all. But the overall story was true... kinda. In other words, you lied. And, later when you think back, you ask yourself, "Why did I say that?" as if it came from some other person. And you can remember what it felt like, kind of like it wasn't you saying it, like you couldn't help yourself, like it just came out of nowhere. It just kind of happened, like lying was somehow just a natural part of life.

We all went through a stage in our lives when "lying" really was a natural part of life. Somewhere between the ages of 3 and 6, children go through a period of time when reality gets all bent. At that

age, the brain has the ability to imagine things without things being present in real life. A little girl can play pretend and feel like she is a fairy princess or an astronaut. A boy that age could be a basketball star or famous dancer. And it's hard for them to tell what was real from what was imagined. To them, the stories were real experiences. In the sense that the child *experiences* the events in his or her mind, the child really did have that experience. As adults when we are under stress, like illness, we regress back to a time in our lives when we were dependent on others, needy, and bewildered and overwhelmed by the world. We become child-like under stress and the lying just pops out.

It's perfectly normal for children this age to live part-time in a fantasy world. Their play is about "let's pretend." Their pretending is a way of trying-out adult roles, like playing dress up and pretending to be the mother or dad or Bob the Builder or Spiderman or a doctor or a nurse. And, sometimes they get confused between what is real and what is fantasy.

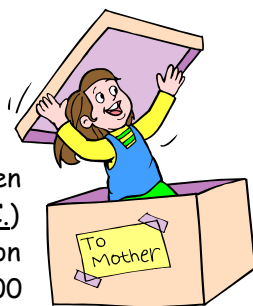
The brain plays tricks of logic on children. It's hard for a 4-year-old to make sense out of the world, so many times they make things up to fill in the gaps. At this age, their brain creates information where there is none. If something is missing, they say the burglar took it. There is no burglar: no signs of a break in; nothing else of value seems missing. "*What burglar? You're making that up!*" The child is not actually lying. That's their imagination at work, and to them it's *real*! Their mind is filling in a gap in the information by interpreting the world with what little they actually *do* know. The child knows burglars take things. The child knows something is missing. The child knows they didn't take it (or at least they are not remembering that they themselves took it) and the other people around them are saying *they* didn't take it, either. If none of us took it, it must have been the burglar.

Now that the child is thinking about the imagined burglar, who sometimes hurts people, guess who might be hiding under the bed when the room is dark and the child feels scared and isn't sure why. "*Mommy, Mommy, there's a burglar under my bed!*" To them it's real: filling in the missing information about the real world. The child is genuinely scared! And, they're not exactly lying; they believe what their brain is telling them. How do the parents respond to the child's fear? Will it help the child feel more secure and confident if we say, "*You're lying!*" Come to the parent trainings to learn more.

By Kevin M. Cusce, LCSW

M.A.C. Male Involvement Meeting and Family Celebration

York County's Head Start Male Involvement Group (Men Advocating for Children - or M.A.C.) will hold it's monthly meeting on Saturday, May 7, 2005 from 10:00 a.m. to 2:00 p.m. at the Griffin-Yeates Center. Although M.A.C. has discussed plans for exciting summer adventures, this meeting is the last Male Involvement event for the school year and includes something special for mother/mother figures in recognition of **MOTHER'S DAY**. RSVP NOW or, by May 4, 2005, at 12:00 p.m. at 890-3888 or for questions, feel free to contact Robert Triggs or Kevin Cuscé. We look forward to seeing ALL of you at our next meeting (yes, this includes mother/mother figures and children as well).



M.A.C. (Men Advocating For Children) Fatherhood Group



May Birthdays

Amaya Davis	2	Christian Diggs	14
Lori Evans	2	Jacey King	15
Candace Fuller	4	Nicholas Corsi	16
Sherry Via	6	Robin Austin	18
Xavier Avalos	9	Dre'Shawn Williams	18
Thomas Griswold	12	Trinity Gay	22
Robert Triggs	12	Kamau Shackelford	26
Carolyn Ehn	13	Dakota Burbage	31
Shelley Greene	13	Armanda Lassiter	31
Alexus Heiney	13	Cedric Tyler	31

From the Teaching Staff!

Spring is in the air and summer is right around the corner. The teaching staff and children enjoyed a lot of spring activities during the month of April and we are looking forward to another great month of learning.

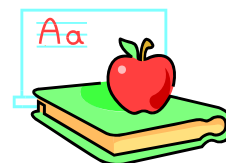
Our theme for the month of May is Animals: Past and Present. The children will experience a variety of activities from dressing up in animal costumes in the dramatic play area to the adoption of live animals for the science center. These additions will provide enriching and enjoyable experiences for your child. Dinosaurs are always an exciting topic and we will learn about them in our studies. The children will learn about the words "extinct" and "hibernation" and which animals those words apply to.

The teaching staff will be conducting final home visits and Parent/Teacher conferences. Please check your child's backpack for a notice of the date and time for your meeting schedule. If the time set for your appointment is not convenient for you, please call 890-3888 to let us know so another date and time can be arranged.

As you know our last day for Head Start classes is Wednesday, May 25, 2005. We hope that you will plan a visit to your child's classroom sometime this month to enjoy the exciting activities that we have planned. Children are always excited to have their parents come to visit, and remember you are your child's first and most important teacher.

We have enjoyed having your children in our Head Start program this year and hope that we have enriched their learning experiences. Below is an activity that you and your child can do together over the summer. This will help keep some of the things they have learned fresh in their minds and give them something fun to do when the weather keeps them indoors.

Alphabet Book



To help your children with letter and sound recognition, help them create their own Alphabet book. You will need one spiral notebook with plain pages, a glue stick, and old magazines for this activity. Each day, draw the upper and lower case of an alphabet letter on a page in the notebook. Have your child cut pictures from magazines of items that begin with that letter. Have your child glue these pictures onto the letter page. Your child will love looking at his/her book over and over again and you can review the letters with him/her many times.



STRANGER DANGER WORKSHOP

!!!!!!!ATTENTION PARENTS!!!!!!!

**SPONSORED BY YORK COUNTY DIVISION OF CHILDREN'S
SERVICES**

MAY 11, 2005 at 6:00 p.m. – 8:00 p.m.

**At
GRIFFIN-YEATES CENTER**

DO YOU KNOW HOW TO TALK TO YOUR CHILD ABOUT THIS SUBJECT?

**DO YOU KNOW THE STEPS YOU CAN TAKE TO BEST PROTECT YOUR
CHILD FROM SEXUAL PREDATORS?**

**DO YOU KNOW WHAT TO DO IF YOU SUSPECT THAT YOUR CHILD MAY
HAVE EXPERIENCED ABUSE?**

**DO YOU KNOW HOW TO SCREEN CHILD CARE PROVIDERS OR OTHER
CAREGIVERS WHO MAY HAVE RESPONSIBILITIES FOR YOUR CHILD?**

THERE WILL BE OPPORTUNITIES FOR YOUR QUESTIONS.

**SPEAKERS: AARON ROSEN, YORK COUNTY DEPUTY SHERIFF &
KEVIN, CUSCE', LCSW OF YORK COUNTY HEAD START**

DINNER AND CHILDCARE WILL BE PROVIDED BY RESERVATION

CALL EARLY AS CHILDCARE SLOTS WILL BE LIMITED

890-3888

**Offered by the York County Children's Services Head Start Program and a grant
from the Williamsburg Community Health Foundation - a tax exempt, private, not-
for-profit organization.**

May 2005

Head Start Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Griffin-Yeates Kindergarten Transition Field Trip Magruder Elementary 10:00 a.m.	4	5 Health Advisory Committee Meeting Griffin-Yeates Center Room 6 10:00 a.m.	6 Griffin-Yeates Room 16 - Field Trip Newport News Park 10:30 a.m.	7 Male Involvement Family Day Griffin-Yeates 10:00 a.m. until 2:00 p.m.
8	9	10 <div style="border: 3px double black; padding: 10px;"> Parents, You may dial the Head Start hotline at 890-3222 for important information and updates on planned events. </div>	11 Grafton Bethel Center RIF Reader's Book Distribution Day <hr/> Stranger Danger Workshop Griffin-Yeates 6:00 - 8:00 p.m.	12 Griffin-Yeates Room 14 - Field Trip Bluebird Gap Farm 10:00 a.m. <hr/> Grafton Bethel Field Trip Newport News Park 9:45 a.m.	13 Griffin-Yeates Room 7 Year End Picnic 12:00 - 1:00 p.m.	14
15	16	17 Griffin-Yeates Room 7 - Field Trip Bluebird Gap Farm 9:45 a.m.	18 Griffin-Yeates Room 9 - Field Trip Newport News Park & Nature Center 10:00 a.m.	19 Head Start Policy Council Meeting Griffin-Yeates Center Room 6 - 10:00 a.m.	20 Tabb Center VA Living Museum 10:00 a.m. <hr/> Grafton Bethel Center Parent/Child Activity Day <hr/> Griffin-Yeates Center Room 16 - Field Trip Bluebird Gap Farm 10:00 a.m.	21
22	23	24	25 Last Day for Head Start Classes!	26 Have a great summer!	27	28